



355th Services Squadron



Davis-Monthan AFB, AZ.

SAM'S NOTES

No Federal endorsement of sponsors intended.

A Supplement to the Desert Airman

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Friday, November 21, 2003

Services News Briefs



Lightning Fit News

SMSgt Kenneth R. Ramey
Fitness and Sports Center

"Lightning Fit" is not just a motto, it's a path to a healthier and happier lifestyle. The fitness staff is pushing forward to provide the tools and facilities to help all Desert Lightning warriors experience unsurpassed levels of fitness and wellness. With the strong support of wing leadership, our staff has been able to purchase new cardio equipment and accessories, strength training equipment, and loads of upgrades for the Haeffner Fitness Center. There will be a noticeable change in the look and feel of the Haeffner Fitness Center, giving D-M two of the finest facilities in the Air Force. More incentive programs are on the horizon and we encourage everyone to utilize the tools and programs provided by the fitness center and Health & Wellness Center to help you pass the new AF fitness test.

The fitness center has put together fitness kits to help units conduct their programs. Each "PT" kit includes; 10 jump ropes, 10 resistance bands, 5 heart rate monitors, 2 stop watches, a stretching guide and 2 ice packs.

The kits are designed for units participating in circuit programs. Have your unit fitness reps or trainers stop by the fitness center to sign-out a kit (other accessories are also available). For more information call the Fitness and Sports center at 228-0022.

Services Thanksgiving Day Meals

The Mirage will host a delicious feast Thanksgiving Day, Nov 27th, from 10 a.m. to 1:30 p.m. Their exclusive ala Mirage Buffet will entice your every sense! No reservations required, first come first serve. Cost is \$17.95 adults (members receive \$3 off), \$10.95 children 5-12, 4 and under are free. For more information call 228-3301.

The Desert Inn Dining Facility will offer a Thanksgiving Day meal for all meal card holders, active duty personnel, retirees, and their families. Thanksgiving Day hours: breakfast, 6 a.m. to 8 a.m., lunch, 11 a.m. to 2 p.m., dinner, 3:30 to 5:30p.m. There will be no midnight meal and flight kitchen will be closed. For more information call 228-5501.

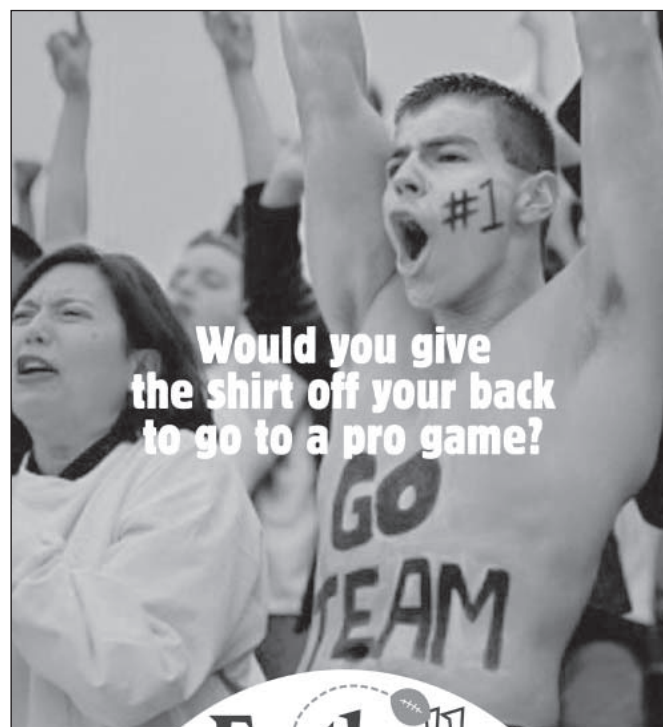
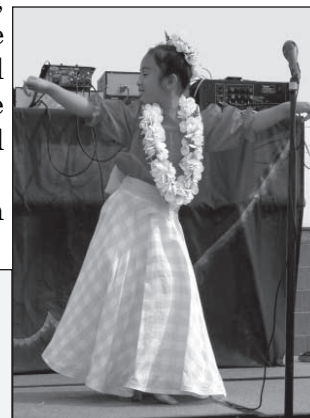
The Fall West Fest and ACC Annual Family and Teen Talent Show will be held tomorrow at the Youth Center. The fest starts at noon and the talent show will begin at approximately 1 p.m. Admission into the fest is free. There will be lots of fun carnival activities



including rides, jumping castles, cakewalk, and more. There will also be clowns, a DJ, and prizes. Carnival tickets will be available for twenty-five cents each or five for a dollar. Food and drinks will also be sold.

For more information call the Youth Center at 228-8844.

Three of last years ACC talent show contestants perform on stage. At left, Capt. Ken Knox and his daughter Heather sing Butterfly Kisses and at right, Nicole David performs a special Hawaiian dance.



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the shirt off your back
to go to a pro game?

**Football
Frenzy**

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Win Big at Football Frenzy!

Football Frenzy is still going strong at your D-M clubs. Come by and catch the excitement on Monday Nights at the Desert Oasis. Each week there's hundreds of dollars in prizes awarded. Doors open at 5 p.m.

On Sundays, catch multiple games at both The Mirage and Desert Oasis with NFL Sunday Ticket. Watch up to six different games every week. Doors open at 11a .m.

Club members will also be taking home awesome local prizes and giveaways including a brand new 2003 Kia Rio or a beautiful living room set. Look for more grand prizes to be announced every week!

Don't forget to fill your official Frenzy entry form for a chance to win a VIP trip to the 2004 Super Bowl or the Pro Bowl! For more information call 228-3100 or 3300.

See you at the game!



DESERT OASIS IN NOVEMBER 2003

SUNDAY
Cashier Hours:
 T-F: 11am-5pm
Office Hours:
 T-F: 9am-4:30pm
TOP 3 Lounge:
 Fri: Opens 3pm
Don't Forget "All Ranks Sunday Brunch" at The Mirage 10am-1:30pm
Sundays Enjoy "Family Night" at Cabanas!
 Buy a 12" one-item pizza w/6-pack of soda at regular price of \$8.25, & get a second one for 1/2 price!
NFL FOOTBALL! ShockWave Open Sundays 1000-1600!
Drink Specials 1300-1600!
 Catch up to 5 games & enjoy a drink special & delicious food from Cabanas!
30 CLUB CLOSED

MONDAY
Shock Wave Lounge:
 Mon: Closed
 Tues & Thurs: 4-8pm
 Wed: 4-11pm
 Fri: 3-11pm
 Sat: Closed
 Sun: Closed
Fo'tball Frenzy
 ShockWave Open 1700 until game is over! "Early Bird" food & drink specials! "Games & Prizes!"
ACC DOLLAR DAYS MEMBERS LUNCH! 1100-1300
Royal KIA
 The Dealership That's Different!
 No Federal Endorsement of Sponsor Intended.

TUESDAY
VETERANS DAY CLUB & CABANAS CLOSED
 "In Honor of America's Military Heroes"
Shock Wave Lounge 4-8pm
Members First
 "IT PAYS TO BE A CLUB MEMBER!"
Shock Wave Lounge FREE tacos 5-6pm

WEDNESDAY
Cabanas 747-3234
 Mon: 10:30am-8pm
 Tues-Thurs: 10:30am-9pm
 Fri: 10:30am-10pm
 Sat: 1-10pm
 Sun: Noon-8pm
Cabanas Monday Lunch Special! Southern Fried Steak Sandwich! \$4.95
Join us at The Mirage on 27 Nov for Thanksgiving Buffet! See "The Mirage" calendar for more info.
Shock Wave Lounge Karaoke 8-11pm & M.U.G. Nite!! 7-11pm
 Bring your own mug for \$1 refills! Your choice of Domestic Draft, Soda or Juice (up to 32 oz)
Members First
"IT PAYS TO BE A CLUB MEMBER!"
Shock Wave Lounge FREE tacos 5-6pm

THURSDAY
Eat at The Mirage
 Lunch Served: Mon-Fri 11am-1pm
 Dinner Served: Wed & Thurs 5:30-8pm
Specials for our under 21 members!
 DM Members under 21 get all non-alcoholic beverages 1/2 price! Maintain your DM "Z" membership & get credit toward your 21st birthday party at the club! CLUB CREDIT AMOUNTS:
 3 months = \$75
 6 months = \$150
 1 year or longer = \$300
27 CLUB & CABANAS CLOSED

FRIDAY
Club Bucks Drawing Every Friday Night!
Montes Open Fridays 5-9pm
 "Come join us for dominoes and card games!"
"Hip-Hop, Jazz & Blues" w/DJ "Insane Payne" 7-11pm
"Hip-Hop, Jazz & Blues" w/DJ "Billy T" 7-11pm
"Variety Music" w/ "The Wrecking Crew" 7-11pm
Shock Wave Lounge Social Hour Food 5-6pm
28 CLUB CLOSED

SATURDAY
Barber Shop:
 Mon-Fri: 8am-5pm
 Sat: 8am-1pm
 748-8710
"HAPPY THANKSGIVING" From your Desert Oasis Staff
Club Closed Saturdays
Cabanas Open 1-10pm

For current information on Services activities, check out our WEBPAGE at www.dmservicesonline.com

Youth Center Teen Trips

The Youth Center has two cool trips planned for teens, 13-18.

On Fri, Dec. 5, teens will have

loads of

fun at

the Bed

R o x x

Family

Fun Center. The center features 30 modern bowling lanes with 15 big screen TVs and the Fun Factory video arcade with over 100 of the latest games. Cost of \$12 includes 1-hour bowling, shoes, \$3 of game play, 2 slices of pizza and a soft drink! Departs at 6pm and returns at 11pm.

On Sat, Dec. 6, teens can enjoy a Hot Air Balloon Trip over the beautiful Tucson Mountains and Saguaro National Park. Cost is \$50 and includes continental breakfast. Departs at 6am and returns at approximately noon.

Transportation provided. Space is limited. Sign up by Dec. 3. For more information call 228-8844.

ITT Technical Institute

Now offering Scholarship Programs to Military Service Members & Veterans

ITT Technical Institute in Tucson will offer a 10% scholarship to members of the U.S. Military who enroll! These scholarships will be awarded to eligible students who begin their studies beginning with the winter quarter starting in December. Scholarships are available to incoming ITT Tech students who currently serve in the military, including the armed forces, national guard, coast guard or the reserves, and to veterans who have received an honorable, medical or general discharge. This does not apply to family members.

Bachelor Degree Programs: Associate Degree Programs:

- Information Systems Security
- Software Engineering Technology
- Data Communication Systems Technology
- Electronics & Project Management
- Computer Network Systems
- Software Applications & Programming
- Web Development
- Computer & Electronics Engineering Technology
- Computer Drafting & Design
- Multimedia

We are pleased to offer this scholarship as a way to recognize the efforts of our servicemen & women who devote their time & efforts to protecting our country and freedom.

The programs offered at ITT Tech correspond with many military skill specialties. Many service personnel seek to further their education while on active duty or upon discharge, and we want them to know that we can help them achieve their education goals.

This scholarship will not interfere with military benefits available for education purposes and is applicable to both resident & online programs of study.

For more information and to view our course catalog, please visit our website at www.itt-tech.edu or contact Linda K. Lemken, Director of Recruitment at (520) 408-7488.

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The Mirage
DAVIS-MONTHAN AFB

The Mirage in November 2003



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Sunday Football! NFL Ticket 1000-1800 in Poly Bar "Watch up to 5 different games!" "Eat brunch & enjoy the game with the entire family!" (no bar, beer available upon request)</p> <p>Champagne Sunday Brunch! \$15.95 (mbrs receive \$2 discount) 10am-1:30pm All of your favorite breakfast & lunch dishes! Kids 6-12, \$8.95 (mbrs \$1 discount) Kids 5 & under, Mbrs eat FREE (\$2 for non-mbrs)</p> <p>HOURS OF OPERATION Lunch: M-F 1100-1300 Dinner: Wed-Th 1730-2000 Sunday Brunch: 1000-1300 Caterer: Tu-F 0800-1700 Barber Shop: M-F 0800-1700 Bar: W-Th 1600-2000, F Admin Offices: M-F 0800-1600 Cashier's Case: M & Tu: 0800-1400, W-F: 0800-1600</p>	<p>Monday Lunch Chef's Choice! & Pasta Station \$7.85</p> <p>Football Frenzy "Enjoy Monday Night Football @ The Desert Oasis!" All ranks welcome!</p> <p>10 Club Closed for Maintenance</p> <p>17 ACC DOLLAR DAYS MEMBERS LUNCH! 1100-1300</p> <p>Royal KIA The Dealership That's Different!</p> <p>Members receive up to a \$2 discount per person for lunch or dinner. "It Pays to be a Member!"</p> <p>PHONE #'s Juan Conde Club Manager 228-3301, x11 Sherry Jones Caterer 228-3301, x12 Robert Johnson Chef 228-3301, x16</p> <p>MAIN OFFICE 748-0660 or 228-3301 BARBER SHOP 748-8968</p>	<p>Tuesday Lunch Country Buffet \$7.85</p> <p>11 VETERANS DAY CLUB CLOSED "In Honor of America's Military Heroes"</p>	<p>Wednesday Lunch BBQ Buffet \$7.85</p> <p>5 KOREAN FEAST BUFFET! 1730-2000 Dishes specially prepared by our own Ms. Kim! \$15.95 (mbrs receive \$2 discount)</p> <p>12 MONGOLIAN BBQ! 1730-2000 \$13.95 (mbrs receive \$2 discount)</p> <p>19 RETIREES APPRECIATION NIGHT! "Dinner under the stars!" Valet parking & musical entertainment! Choice of Prime Rib, Salmon, or Chicken Primavera \$16.95 (mbrs receive \$2 discount) Reservations Highly Encouraged</p> <p>Poly Bar Officers' Lounge Open 1600-2000</p> <p>Prime Rib Buffet Dinner - 1730-2000 \$14.95 (mbrs receive \$2 discount)</p>	<p>Thursday Lunch Carved Buffet & Pasta Station \$7.85</p> <p>2-4-1 Steak/Chicken Fish (or combo) \$16.95 (mbrs receive \$2 discount) 1730-2000</p> <p>Poly Bar Officers' Lounge Opens 1600-2000</p> <p>27 THANKSGIVING BUFFET! 1000-1330 First come, first served \$17.95 Adults, \$10.95 Kids 5-12, Kids 4 & under Free. (mbrs receive \$3 off) "Our exclusive ala Mirage Buffet will entice your every sense."</p>	<p>Friday Lunch Catfish Buffet \$7.85</p> <p>7 PATIO PARTY LATINO STYLE ALA MIRAGE! Social hour menu: fajitas, rice, beans, guacamole, & chips. Latin music to soothe your troubles away! "Get away from the grind & release your mind!"</p> <p>Party on the Patio! 1700-???? Bar opens 1600 "Food, fun & socializing begins 1700!" DJ Dave will be pumping out the tunes till you drop! Enjoy horseshoes, cards, crud and more!</p> <p>Poly Bar Officers' Lounge Opens at 1600-2000</p>	<p>Call Sherry at 228-3301 or 748-0660 to book your special functions! (Bookings by appt. only.)</p> <p>15 PRIME RIB DINNER! 1730-2000 \$14.95 (mbrs receive \$2 discount)</p> <p>*IMPORTANT NOTICE* We will no longer allow takeouts for our lunch buffets. Sandwiches will no longer be served for lunch. We encourage you to try our buffet or soup & salad duo.</p> <p>*IMPORTANT NOTICE*</p> <p>Members First</p>

For current information on Services activities, check out our WEB PAGE at www.dmservicesonline.com

Nogales Shopping Trip

Find great deals on fine Mexican and South American crafts and more in Nogales Sonora on Nov. 29th! Upon arriving at the Nogales border on the US side, everyone will be allowed to walk across the border. You must have proof of US citizenship to come back across the US side, e.g., military ID, green card, or US passport. Nogales is a festive Mexican marketplace and a shopper's paradise. There are many restaurants to choose from on either side of the border. Trip departs from Outdoor Recreation, Bldg. 4430, at 8am and returns from Nogales at approximately 3pm. Cost of \$15 includes transportation only. Please sign up by Nov. 27. For more information 228-3700.





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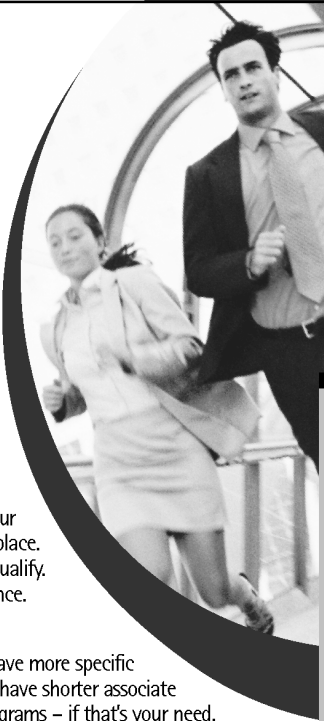
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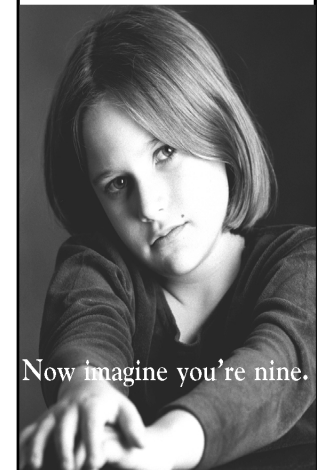
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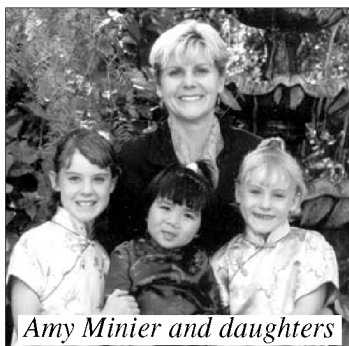
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